

Maj. Gen. Tad Oelstrom, 3rd Air Force commander, prepares for his final flight with Capt. Steve Madson, 494th Fighter Squadron weapon systems officer, while A1C Cole Fricke looks on Wednesday. It was the final time for Oelstrom to suit up with the Liberty Wing. He is leaving 3rd Air Force to take over as superintendent of the U.S. Air Force Academy.



Photo by SSgt. Val Weaver

3rd AF commander says 'farewell'

By Maj. Gen Tad J. Oelstrom
3rd Air Force Commander

One of the most difficult things a commander ever has to do is say farewell to his command. While Sandy and I look forward to the new challenges and opportunities coming with our next assignment to the Air Force Academy, the happiness is tinged with regret that we must say good-bye to the men and women who have served this command so well.

Over the past two years, we have had some exciting times as 3rd Air Force picked up responsibility for all Air Force activities north of the Alps and across much of sub-Saharan Africa. We sent large numbers of people to preserve the peace in Bosnia and monitor the

no-fly zone in Iraq. We evacuated American citizens from civil conflicts in Western and Central Africa, and moved peacekeepers into Liberia. We participated in numerous exercises and inspections, and always came out well ahead.

We reorganized, downsized, grew and repostured ourselves into a warfighting numbered air force. We invested millions of dollars in renovation and construction projects to improve the infrastructure and quality of life on our bases for our people. We completed countless projects, special events and other activities. It has been very busy and wonderfully rewarding.

Needless to say, there was a lot of "you" and very little "me" in this "we." I want to thank you for making this tour so exciting, productive and enjoyable. I am very proud of you and wish you well in the days ahead.

The Action Line is your direct link to me for complaints, suggestions, or comments. It's not intended to replace the chain of command. When normal command and agency channels haven't been able to resolve your concerns, call (Ext. 2324), fax (Ext. 5367), e-mail (Action_Line), send through distribution (48 FW/PA), mail (48 FW/PA, Unit 5210 Box 215 APO AE 09464-0215), or hand carry your Action Line to the public affairs office (Bldg. 1085). You may remain anonymous; to receive a reply, leave your name, unit, duty or home phone number, and full APO mailing address. Names are confidential.



F. Precious
48th Fighter Wing
commander

Action lines

The RAF Lakenheath community lost one of its valued members. Frederick John Precious passed away June 27. Better known as just John, he worked in the 48th Civil Engineer Squadron's liquid fuels maintenance section. John had been at Lakenheath since October 1989 and had always performed outstandingly. One of two awards he recently earned was the 'Wing Environmental

Quality Champion Award" for his constant awareness of pollution controls and clean-up efforts during base fuel spills. The second award John earned was Quality Champion Award from the civil engineer executive quality council for his dedication in striving for customer satisfaction, his excellent work documented by customer feedback comments. His early departure was due to cancer that was discovered too late for successful treatment. John's expertise and friendship will be greatly missed by all who knew him.



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<http://www.lakenheath.af.mil/current/jet48.htm>

Options available for club card payments

Services club card holders can choose the best way to pay their monthly bill

During the course of implementing the new club card, the enlisted and officers' clubs have fielded concerns from people about paying club card bills. The main concern is that payments don't reach the stateside company before late fees are assessed. No interest or late fees are charged to member's accounts if payment is received by the bank within 25 days from the billing date.

One solution is to use a direct debit from the bank, or allotment – a set amount withdrawn monthly from the member's bank account and transferred to the credit card company, according to 48th Services Squadron officials. This overcomes the problem of transit time for regular mail.

If using regular mail, payments should be sent several days

ahead of the payment due date.

Members of the Liberty Club and officers' club will soon have the option to pay via electronic data transfer.

"The terminals are installed," said George Jones, 48th SVS membership support flight chief. "The service will be available within the next couple of weeks."

For other or recurrent problems, services customers can call the credit card company which provides the club card using a direct-dial line available at each club free of charge.

Another avenue card holders can use is to go to the NAF accounting office in Bldg. 960 and discuss problems with them.

Club managers also stressed that for local help with problems or concerns, club members can go to their club manager for help.

Celebrating independence

Liberty Wing community members celebrated the 4th of July at RAF Feltwell last week. Right, Capt. Mike Convertino, 48th Communications Squadron, kneels next to his daughter Alex on a carnival ride; bottom right, MSgt. Kevin Fallen, 48th Equipment Maintenance Squadron, flips hamburgers; bottom, SSgt. Kurt Robinson, 100th Logistics Support Squadron, watches his daughter Nicole taste some ice cream; middle, imitation Spice Girls perform.



Photos by
SrA. Scott Asche



Battle of Britain: The few are still remembered

By Malcolm Smith
Battle of Britain reunion committee member

Editor's note: The Battle of Britain Fighter Association annual reunion will take place here July 12 and includes a memorial service and banquet. For more information about the event, call Capt. James Capaldo at Ext. ????.

The celebration held by the United States Air Force at RAF Lakenheath is one of the most important events for the Battle of Britain Fighter Association.

This prestigious gathering has been held every year since 1971.

The annual event began when a young USAF pilot, Capt. Ward Boyce, was posted to the 30th Tactical Reconnaissance Squadron at RAF Alconbury in Cambridgeshire.

He had studied the Battle of Britain and it was his ambition to visit the fighter squadrons in Southeast England, which bore the brunt of the battle, and meet some of the distinguished fighter pilots who fought in one of the most important engagements of World War II.

In the small Kent village of Brasted stands a picturesque 17th century pub known as the White Hart Inn. The White Hart is also close to RAF Biggin Hill, the most celebrated of all the Battle of Britain airfields.

It became a second home to the young fighter pilots during the war. Many of the flyers signed their names on a blackout screen that was kept in display in the bar until 1974. It now stands in the RAF Museum at Hendon in North London.

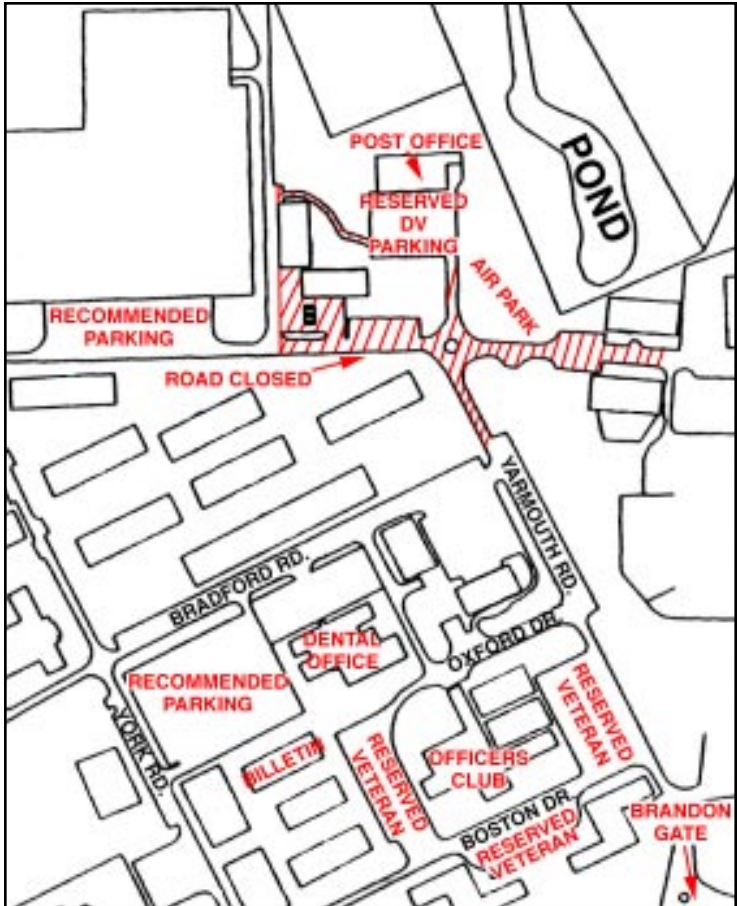
Boyce heard about the White Hart and visited the pub during a tour of airfields in the region. He decided to host a party for Battle of Britain veterans as his squadron's hideaway, known as "The Farm" at Lower Luddinton.

This building, loaned to them by Prince William of Gloucester, himself a highly experienced pilot, was used by the 30th TRS as a second mess for entertaining and off-duty relaxation. The first party was a somewhat small affair with just three Battle of Britain veterans attending -- Group Captains Rupert Clerke and Bobby Oxspring and Wing Commander Ian Cosbie.

The numbers grew over the years, and the 50th anniversary of the Battle of Britain in 1990 saw the largest ever gathering at Alconbury.

A total of 105 veterans attended this memorable occasion, which was graced by the presence of Her Royal Highness, Princess Alice, the Duchess of Gloucester, who at the age of 90, insisted on a "walk-about" to meet all the guests.

However, the end of the Cold War meant the closure of a number of USAF bases in Britain including Alconbury.



Graphic provided by MSgt. Edmund Branch

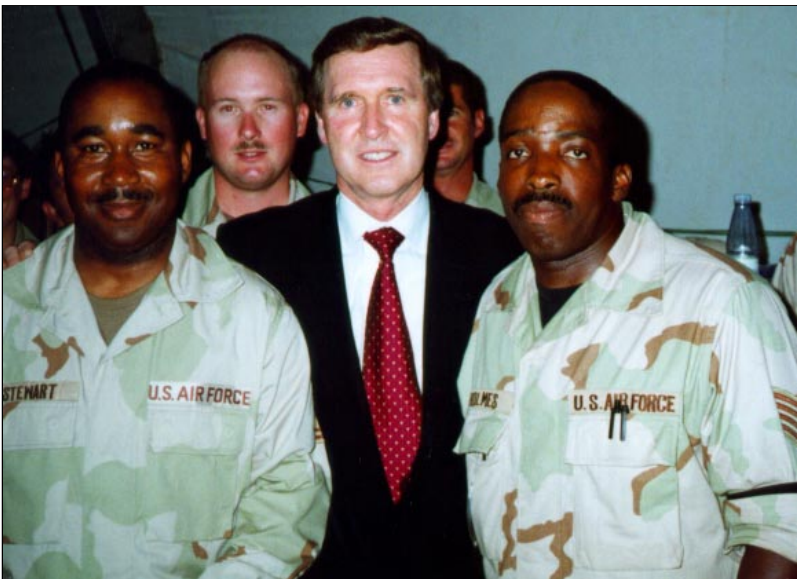
The parking plan for Saturday's 1:30 p.m. Battle of Britain memorial ceremony includes road closures.

The last function there in 1991 was a great success but tinged with sadness. However, as the evening came to a close, it was announced that Lakenheath would continue the fine tradition.

The veterans are deeply grateful to Boyce, the United States Air Force and the commanding officer of the RAF Lakenheath for continuing this tradition.

The continued success of the gathering remains in the hands of the pilots themselves.

They shared a common bond of courage and air combat experience against a determined and well-equipped enemy.



Courtesy photo

Deployment visit

Defense Secretary William Cohen visits with deployed 48th Supply Squadron members June 15 at Prince Sultan Air Base, Al Kharj, Saudi Arabia. With Secretary Cohen are, from left, TSgt. Arthur Stewart, MSgt. Brian Sveda and SSgt. Michael Holmes. The three are members of the 48th SUPS materiel storage and distribution flight. They are assigned to the 4404th Logistics Support Squadron in support of Operation Southern Watch.

Meet the new commander

Lt. Col. John Hesterman

494th Fighter Squadron "Panthers"

Hometown: Wherever my folks were stationed.

Time in service: 14 years

Recent career history: Assistant operations officer, then operations officer for 492nd Fighter Squadron.

Leadership philosophy: Take care of your people and they will take care of the mission.

Short-term goals: Find and fix problems that have a negative impact on the quality of life for the 494th.

Personal information: Graduated from the U.S. Air Force Academy. Flew the F-4 Phantom, F-16 Falcon, and F-117 Night-hawk in USAFE, PACAF and ACC. Married to Maj. Jennifer Hesterman, 48th Mission Support Squadron commander.

Hobbies: Travel with my wife; golf.

How do you fulfill core values? By believing in them, living them and communicating 'integrity, service before self, and



excellence in all we do' to my squadron.

What is the most exciting thing that's happened to you during your Air Force career? Taking command of this outstanding fighter squadron.

Who's your favorite leader in history and why?

President Lincoln, for having the fortitude to follow through on his convictions.

What's your philosophy of life and why? Respect people and try to enjoy the journey.

Who's your role model and why? My father, for teaching me the value of integrity and patriotism.

What do you like best about the Air Force? The people and the way they feel about their country.



Photo by SSgt. Scott Davis

News notes

'Panthers' to roar at tattoo

The 494th Fighter Squadron competes in the annual Fairford Airshow and Royal International Air Tattoo July 18, 19 and 20 at RAF Fairford.

The Panthers will send two F-15 Strike Eagles to the air show which hosts three different events in one: Fighter 97, Tiger 97 and the England's tribute to the U.S. Air Force 50th anniversary. The Fighter 97 event July 18 includes ground competitions, static displays, a virtual reality flight competition and symposiums. The Tiger 97 meet, also July 18, is a NATO sponsored gathering of flying squadrons with cats included within their official emblems. The AF 50th Anniversary tribute is Saturday and Sunday and includes flybys and aerial demonstrations.

The airshow is open to the public and free for all military identification card holders. The cost is £20 for non-identification card holders.

Air Force PERSTEMPO plans

PERSTEMPO is the amount of time Air Force personnel are away from home. Gen. Ronald Fogleman, Air Force chief of staff, established a goal that no one should be away from their home duty station more than 120 days a year.

Last year, only around 3 percent of the force was deployed more than 120 days, according to personnel officials.

Reducing PERSTEMPO continues to

be a major interest item for the Air Force. The following are some ideas being considered by Air Force leadership:

- ❑ Post deployment stand-downs for units and individuals returning from deployments;
- ❑ Reduced or combined inspections and exercises;
- ❑ Priority medical care for families of deployed members;
- ❑ Improved communications between deployed members and their families through morale phone calls and video links; and
- ❑ Ombudsman Program to provide support to families of deployed members (program is entering test phase in mid-July for six months at six bases).

Road works

People will experience delays and road congestion on the A1101 due to a road maintenance project. The work is at several locations between the A11 fiveways roundabout and Kenny Hill and is expected to last approximately 12 weeks. Drivers are advised to take other routes to avoid the road work.

Sports day, picnic

The 48th Medical Group's annual sports day and picnic is July 25. Only emergency medical care is provided that day. For more information, call Ext. 3227.



Photo by SrA. Grace Hunt

From there to here, air to air

An F-16 Falcon gets its final pre-flight check before take-off here Wednesday. The aircraft was one of five F-16 Falcons from the 31st Fighter Wing, Aviano AB, Italy, ending their week of aircraft combat training here today.

Liberty Warrior

'Can do' person of the week



Photo by SrA. Grace Hunt

SSgt. Anton Peterson

493rd Fighter Squadron

Hometown: Albuquerque, N.M.

Time in service: 10 years, three months

Time on station: Three years, two months

Role in mission: NCOIC physical exams and standards/squadron medical element for the 493rd Fighter Squadron.

Favorite book: The Count of Monte Cristo

How do you contribute to the wing mission? I ensure that the most fit and vital force is available at all times by applying medical standards.

What advantages are there to being stationed here? Traveling. Interacting with a different culture.

What is the most exciting thing that has happened to you during your Air Force career? Traveling to Lithuania as a member of a traveling contact team in cooperation with the military-to-military contact program and being allowed to assist a former Soviet Bloc country create their air force medical service.

What is your philosophy of life and why? Live for today. If you're too cautious you will miss out on once in a lifetime opportunities.

How do you think core values can be better applied in the Air Force? Place more emphasis on "service before self" at basic training as well as at the airman's first duty station.

New mission: Force

By SrA. Lisa Krebs
Public affairs

Air Force security police units were officially designated "security forces" units July 1, reflecting a new emphasis on their mission of force protection as part of the Air Force core competency of agile combat support.

Also, a career field merger will take effect Oct. 1, combining combat arms training and maintenance, law enforcement and security into the security force.

Even though this is a major change for the affected career fields, people stationed at RAF Lakenheath won't see much of a difference aside from new uniforms and reading "security forces," and maybe some new duties as people who primarily worked security start being tasked with law enforcement duties, such as patrolling and gate guards, said to CMSgt. Danny Stover, 48th SFS security force manager.

The only time security forces members were called security police is when they are performing military police missions, such as patrols, according to Stover.

"The mission has evolved over the years, and the new name fits the mission," he explained. "We have evolved into a security force. The people will still be doing the patrols doing what they have always done, and they will still be gate guards and troops at all the security control points. The faces may have changed, but the duties will remain the same."

The change will be vast for people working in security forces career fields. While the mission has evolved over the years, a separation between law enforcement and security existed within the security police career field, and combat arms was a separate entity not under the control of security police. Now, united under the new name, "security forces," it offers many individuals new opportunities and affects everyone involved.

Now, each security forces member will be trained in all three areas.

"Tech schools will be longer, and every career field member (of the SP and LE career fields) has a year to complete a self-paced training program," said SFC Robert Wiles, 48th SFS security forces operations superintendent. "It's a good thing to do. It'll make a lot of people happy, and in the long run will benefit everyone."

Stover said the emphasis internally will be on training.

"Air base defense forces are trained to be prepared for every eventuality," he said. "Since the Cold War ended, our mission has evolved from more than just defending an air base from an air attack from Eastern Bloc nations."

And the new name fits more of what the SFS is really about, he added.

"There will be a bigger forces push in the future," emphasized Wiles. "Security forces are trained for anti-terrorism -- protecting people from that threat."



protection

The responsibilities of security forces includes peacekeeping missions, humanitarian missions, regional conflicts and air base ground defense.”

A new career field education and training plan is in development now, according to CMSgt. Daryl Janicki, Air Force Security Forces Manager. The plan merges, expands and improves current security police training programs for present and future security force members, and will produce people who can perform in any area of the security forces mission.

At the Air Force level, security forces groups will also include other career fields necessary for the security forces mission, explained Stover and Wiles. This includes civil engineering, explosive ordnance disposal, communications, intelligence, logistics, transportation and medical representatives. This provides a group of people designated and prepared to respond quickly anywhere in the world as a security forces team, though the non-SFS career fields won't wear the SFS badge.

“We've been security police for 19 years and it's sad sometimes to see things go,” said Wiles. “But things change, and the mission's changed and evolved. Merging the career fields has been suggested before over the years and now that it's happening, it's happening fast.”



Photos by TSgt. Sam Shore

Left, A1C Jeffrey Burbank stands guard during an exercise. Above, A1C Chris Dawson prepares to issue an M-16 at the armory.

A look back at history

□ Upon establishment of the U.S. Air Force in 1947, military police (MP) units serving with the Army Air Corps were transferred to the USAF.

□ General Order No. 1, HQ USAF, Jan. 2, 1948, designated all MP units and personnel as “Air Police.” Also established the “Air Provost Marshal.”

□ In the Korean conflict, APs in police role were usually the only armed fighting force on the base. Forward bases being overrun led to development of air base defense capability.

□ After Korea, focus was on security of cold war nuclear forces. In 1960, the name “Air Provost Marshall” was changed to “Director of Security and Law Enforcement.”

□ In 1966 the career field name was changed to “Security Police,” considered more descriptive of the two main mission elements — police and security forces.

□ In Vietnam, the need for external base defense led to specially trained and equipped units: the 1041st Security Police Squadron and, in 1968 after the Tet Offensive, the 82nd Combat Security Police Wing. These units wore the original blue berets.

□ In January 1971 the career field was divided into the law enforcement and security career fields. In November 1971, the first enlisted women entered the law enforcement career field.

□ In 1973, women officers were assigned to Security Police duties.

□ 1976, current blue beret authorized.

□ 1977 to 1978 a test was conducted of enlisted women in the security career field. However, the field remained closed because of combat restrictions until Jan. 1, 1985.

□ Post Cold War — Emphasis on rapid deployment of force protection forces in support of Air Expeditionary Forces.

□ July 1, 1997, security police units re-designated as “Security Forces” units.

□ On October 31, 1997, the security, law enforcement and combat arms training and maintenance career fields will be merged into the security forces career field. Emphasis will be on force protection.

On the cover

Changing with the times, SrA. Jerome Jones (left) and SrA. Stephen Arbona, 48th Security Forces provide force protection alongside the Punisher. The Punisher is a one of a kind HUMVEE mounted with remote controlled M16s (with silencers) and thermal imaging.

Photo by SrA. Jeff Capenos

MOD, constabularies police local areas

By Linda Laws
Community relations advisor

Community policing is provided by the Ministry of Defence Police and the county constabularies of Suffolk, Norfolk and Cambridgeshire, depending on where you live in the community. The commanders from the Ministry of Defence Police and Suffolk Constabulary describe the roles of their units.

Suffolk Constabulary

Inspector Douglas Paxton

The Suffolk Constabulary consists of about 1,200 police officers and 600 civilian support staff. We police a county which has a total population of 656,000 people. Suffolk is thankfully one of the safest places in England and Wales and enjoys some of the lowest crime rates anywhere in the country. Nevertheless, the police are kept busy ensuring our communities continue to enjoy this level of tranquillity.

As a service man or woman, or a family member of service personnel at RAF Lakenheath, you are within the Brandon policing sector and I am the commander of the Brandon Police Station. I have thirteen patrol constables, two sergeants and two detectives who provide the policing service 24 hours a day across the sector. In addition, there is one full-time civilian member of our staff who deals with members of the public who call at the police station to make inquiries or seek assistance. The station is open 10 a.m.-noon and 2-4 p.m. Monday to Friday, but do remember that police officers are always on patrol and you should never hesitate to contact us for assistance. If you do not live on the base you will get the quickest police response by dialing 999 and asking for our help. For less urgent matters we will be pleased to hear from you on our normal phone which is (01842) 810211.

As a sector commander, one of my prime responsibilities is to implement the Suffolk Policing Plan. This involves the sector achieving a number of set targets, which includes a mixture of crime reduction and crime detection targets. The priority in Brandon and Lakenheath at present is to reduce the number of house burglaries and to detect more thefts from motor vehicles. I firmly believe that the community, and neighbourhood watch groups in particular, will play an essential role in reaching these objectives. Neighbourhood watch simply involves people agreeing to not only protect their own homes but to take an interest in helping other people in the street. This could mean checking on a neighbour's house when they are away or being vigilant for any suspicious activity.

I would invite you to remember that the



Photo by SrA. Grace Hunt

Inspector Douglas Paxton, left, and Sgt. Peter McDonald

police alone cannot win the fight against crime. We do enjoy a great deal of support from the Ministry of Defence Police and senior U.S. Air Force officers. However, there is much that individual servicemen and women can do to make our job easier. It is important that you take care of your property, always lock your car and never leave valuable items where they can be seen. Join a neighbourhood watch scheme if one is available. Police Constable Liam Garrard will be pleased to speak with you about Neighbourhood Watch. He can be contacted at the Brandon Police Station.

Ministry of Defence Police

Sgt. Peter McDonald

The men and women who make up the Ministry of Defence Police are civilian police officers. The force is organised and accountable in the same way as any other police force in the U.K. The MDP has its statutory authority granted in the Ministry of Defence Police Act 1987.

The duty of the MDP is to provide or contribute to the physical protection of personnel and property within its jurisdiction and to provide an effective police service to the Ministry of Defence as a whole.

The MDP are here to serve the defence community. They work closely with other agencies to ensure that the MOD community is secure and safe. However, they cannot work in isolation and, in common with every police force in the land, they need the support of their public.

Be it a police presence at public military events or as a community liaison officer offering guidance to parents during a workshop, both show the MDP commitment to reassuring you, the public. The MDP also give presentations to wives' clubs on personal safety, safety of children and home safety.

MDP crime prevention officers and CLOs carry out crime prevention surveys. Domes-

tic violence presentations and numerous other crime prevention initiatives are run throughout the UK by these specialists of-ficers, i.e. neighbourhood watch, boat watch and art watch but to name a few.

The MDP has the largest marine fleet of any UK police force, and is stationed round the UK coastline at strategic locations. The criminal investigation division is multi-skilled and offers a comprehensive investigative capability. As a force it operates over 400 licensed police, security and specialist dogs with more dog handlers than any other force in the British police service.

The MDP offer the full range of British policing services to the U.S. Air Force and its public at RAF Lakenheath, as well as both RAF Mildenhall and RAF Feltwell. Their duties are many and varied and each officer prides him or herself on providing a truly professional police service. The MDP work extremely closely alongside the County Forces in which the aforementioned bases are located, particularly their Suffolk Constabulary colleagues at Brandon, with whom an excellent relationship has been forged. In a like manner, the force works in unison with both the 48th Security Forces Squadron and the 100th SFS.

The Ministry of Defence Police is here to serve you, its community. Call (01638) 523874 for assistance.



**For more
information
about living
in Britain,
call Ext.
3145.**

Neighborhood Watch to meet July 30

A neighborhood watch meeting will be from 6-7 p.m. in the RAF Lakenheath community activity center July 30.

Although the meeting is primarily for Anglo housing residents, anyone interested in starting a neighborhood watch program is invited to attend. Call the crime prevention office at Ext. 3225 or the Suffolk Constabulary at (01842) 810211 for more information.

Education aides needed

Feltwell Elementary School is accepting applications for educational aides for the 1997-98 school year. Applicants should have experience working with children ages 5-11 and special needs. Pick up an application at the main office, Bldg. 93. For more information, call Ext. 7003/7004.

Dental assistant course

Apply at the American Red Cross for a six-month dental assistant training course. Applications accepted today, class starts July 21. For more information, call Ext. 1855.

Vacation Bible school

Vacation Bible school is offered to children 3 years old through sixth grade from 9 a.m.-noon July 28- Aug. 1. The theme is "Sonrise Balloon Adventure, A High Flying Adventure in Faith." Registration began Tuesday.

Volunteers are needed for teachers and assistants, Wee Joy helpers, and coordinators for registration, office, craft, photography and music. Childcare is provided for all volunteers. For more information, call Ext. 3711.

Sports physicals

The 48th Medical Group pediatrics clinic is accepting appointments for sports physicals

for children who may be playing sports or starting a new school. To make an appointment, call Ext. 1847.

Substitute teachers needed

The RAF Feltwell Elementary School is hiring substitute teachers for the 1997-98 school year. Teachers should be certified in the United States and have a bachelor of science or bachelor of arts degree in another subject area. Pick up an application at the main office, Bldg. 93. Call Ext. 7003/7004 for more information.

CGOC meets

The RAF Lakenheath company grade officers' council meets today at 4:30 p.m. in the Officers' Club. All company grade officers are invited to attend. Call Capt. Patrick Ryder at Ext. 2151 for more information.

PACE

People Associated for Cultural Enrichment meetings are every second and fourth Thursday of the month. For more information, call Julia Mathis at Ext. 7182.



Photo by SrA. Grace Hunt

In appreciation of devoted service

Brian Dunn is presented with two pictures, one of the town of Amersham, and one of the nursing home in Amersham where he was born, by Mr. Gary Carter, DODDS European Traffic Management Office, UK District Transportation Management supervisor. Dunn was also presented with a certificate and letter of appreciation from Dr. Lilian Gonzales, Director of Defense Education Activity, Alexandria Va., for his years of service. Looking on is Susan Willbanks, secretary at DETMO.

Family Support

Contact the family support center staff at Ext. 3847 for information on the following programs, or e-mail chris.lawson-@lakenheath.af.mil. All classes are held in the family support center unless otherwise noted.

Working in the UK

An employment speakers' series about working in the United Kingdom is 11 a.m. - 1 p.m. today. This week's guest speaker from West Suffolk College will discuss how to train for careers in nursing, teaching, computer technology and other marketable fields.

Kids on the move

A kids-on-the-move seminar is from 10-11:30 a.m. Tuesday for ages 5-8 years, and 1-2:30 p.m. Wednesday for ages 9-12 years. Both seminars are at the RAF Mildenhall Family Support Center. The program helps children and parents cope with relocation stress. Class size is limited to 15.

Changing stress into power

A changing-stress-into-power seminar is from 11:30 a.m. - 1 p.m. Wednesday. Learn to turn problems and worries into opportunities by focusing on strengths and improving weak points.

Teen newcomers

A special teen newcomer's orientation is 9 a.m. - 1 p.m. Thursday in the chapel. This orientation is for grades nine to 12 to acquaint them with base and community activities. It also gives them the opportunity to meet other teenage newcomers.

Foreign-born spouses group

The foreign-born spouses group meets 10 a.m. - noon Monday. The group provides a forum for spouses and addresses issues including immigration, naturalization, citizenship and more.

Teen life

A teen life group, ages 15-18, meets 5:30-6:30 p.m. July 18 at the youth center. The class promotes personal development and coping skills for teens. Topics include self esteem, handling relationships, dating and family communication.

What's on at Services

Friday

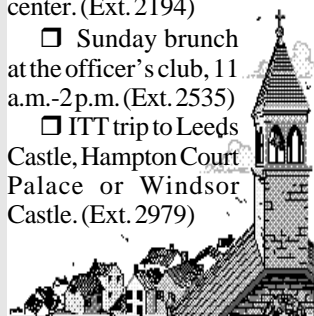
- ❑ Free check of battery, belts and coolant at the auto crafts center during July. (Ext. 2454)
- ❑ Get a "Frequent Shopper's" card at Electric Avenue and enter a drawing for shopping sprees. (Ext. 2067)
- ❑ Register for children's swimming lessons at the pool. (Ext. 2815)

Saturday

- ❑ Sports card and comic book fair at the RAF Lakenheath Community Activity Center, 10 a.m.-4 p.m. (Ext. 2221)
- ❑ Piano lessons at the youth center, 2-6 p.m. (Ext. 3180 to sign up)
- ❑ Game day at the skating rink, 2-6 p.m. (Ext. 1627)

Sunday

- ❑ Thirty percent off foam core at the arts and crafts center. (Ext. 2194)
- ❑ Sunday brunch at the officer's club, 11 a.m.-2 p.m. (Ext. 2535)
- ❑ ITT trip to Leeds Castle, Hampton Court Palace or Windsor Castle. (Ext. 2979)



Star Trek Fest

The community center is hosting a Star Trek Fest from 10 a.m.-4 p.m. Sunday. Meet fellow "Trekkies," learn new information, see new releases and participate in quizzes and skits. For details, call Ext. 2221.

Tae Kwon Do at Shepherd's Grove

The Shepherd's Grove Community Activity Center offers Tae Kwon Do classes Wednesdays and Fridays at 7 p.m. for children and 8 p.m. for adults. Prices start at \$20 with a discount for additional family members. For more information, call (01359) 250269.

Japanese Lantern making

The RAF Lakenheath Community Activity Center invites children to decorate a lantern during the Japanese Lantern Festival Monday-Tuesday, 3-5 p.m. Show up one or both days. All supplies are provided and there's no cost. For more details, call Ext. 2221.

Cambridge's secret war

The third of a series of six lectures on Cambridge continues Tuesday. The lecture is titled "Cambridge at War: The Secret War," and is held at the library, noon-1 p.m. Call Ext. 3713 for details.

Price-cutter special at woodshop

The woodshop offers a new 'unlimited use of the woodshop' card for \$50. The card offers unlimited woodshop access during July. Call Ext. 3367 for details.

Science camp

The youth center offers a science camp Monday-July 25. Children ages 10-12 will meet from 9-11 a.m., ages 13-15 from 11:15 a.m.-1:15 p.m., and ages 16-18 will meet from 1:30-3:30 p.m. Registration fee is \$15. For more information, call the youth center at Ext. 3180.

Theaterland special

ITT offers a theaterland special Wednesday. A bus departs RAF Lakenheath at 3:30 p.m. to see "Damn Yankees" starring Jerry Lewis. Cost is £33 and includes transportation and top price seats. The show isn't recommended for children under six. For more information, call Ext. 2979.

Director of theater production

Volunteers who would like to direct the Eagles Nest Repertory Company's Autumn production should apply in writing to the program director, Stephanie Lown, by Aug. 9. Call Ext. 2221 for details.

Family child care orientation

The next family child care orientation training is Tuesday-Wednesday at the chapel. Anyone interested in providing child care in their government home may attend. Applicants must be 18 years or older and a military or civilian employee family member. For details, call Ext. 3718.

At the movies

RAF Lakenheath

Today

7 p.m. - "That Old Feeling" (PG-13) Starring Bette Midler and Dennis Farina. Lilly and Dan have been divorced for 15 years. Everyone, especially their daughter, would like it to stay that way. But heated words spark a passionate affair when they're reunited at their daughter's wedding.

9:30 p.m. - "Anaconda" (PG-13) Starring Jennifer Lopez and Jon Voight. An expedition to shoot a documentary film about a lost Amazon tribe is plunged into terror and a fight for survival when it takes on an additional member. John Voight latches onto the filmmakers to use them and their boat for his own goals.

Saturday

4 p.m. - "Turbo: A Power Rangers Movie" (PG) Starring Jason Frank and Steve Cardenas. They're back with new turbo powers and driving custom designed Turbo Zords. The five superhero rangers battle an evil space pirate to save a wise and gentle alien and the planet Earth from almost certain destruction.

7 p.m. - "The Saint" (PG-13) Starring Val Kilmer and Elisabeth Shue. The Saint is a master thief and loner who roams the world in search of loot. When he attempts to steal a lady scientist's life work, he and she become entangled in a deadly web of intrigue. Thrust into the social upheaval of modern day Russia, the two must combine their wits to escape with their lives.

9:30 p.m. - "Murder at 1600" (R) Starring Wesley Snipes and Diane Lane. Police detective Wesley Snipes has a very touchy case. A White House employee has been murdered in the workplace and the Secret Service is less than cooperative with the police investigation. As the evidence seems to point at the president or his son, events become ever tangled and dangerous as our cop seeks the truth.

Sunday

4 p.m. - "Turbo: A Power Rangers Movie" (PG)

7 p.m. - "The Saint" (PG-13)

Monday

7 p.m. - "Turbo: A Power Rangers Movie" (PG)

Tuesday

7 p.m. - "The Saint" (PG-13)

Wednesday

7 p.m. - "The Saint" (PG-13)

Thursday

7 p.m. - "Murder at 1600" (R)

July 18

7 p.m. - "The Saint" (PG-13)

9:30 p.m. - "Murder at 1600" (R)

RAF Mildenhall

Today

7 p.m. - "Murder at 1600" (R)

9:30 p.m. - "Murder at 1600" (R)

Saturday

4 p.m. - "Turbo: A Power Rangers Movie" (PG)

7 p.m. - "Volcano" (PG-13) Starring Tommy Lee Jones and Anne Heche. Citizens of Los Angeles are prepared for all manner of natural disasters - except one. A totally unexpected cataclysmic event engulfs the city in flames and molten rock when a crack in the earth's crust erupts in an incredible force of nature that threatens to destroy Hollywood.

Sunday

4 p.m. - "McHale's Navy" (XX)

7 p.m. - "8 Heads In A Duffel Bag" (R) Starring Joe Pesci and Andy Comeau. Tommy is a mob bag man whose delivery of eight heads is crucial proof of a recent hit. However his duffel bag gets switched at the airport with an identical duffel bag belonging to another passenger named Charlie.

Monday

7 p.m. - "Volcano" (PG-13)

Tuesday

7 p.m. - "Volcano" (PG-13)

Wednesday

7 p.m. - "Volcano" (PG-13)

Thursday

7 p.m. - "McHale's Navy" (XX)

July 18

7 p.m. - "McHale's Navy" (XX)

9:30 p.m. - "8 Heads In A Duffel Bag" (R)

Menu

Today
Lunch: scalloped ham & potatoes, baked turkey & noodles, simmered corned beef
Dinner: steak smothered w/ onions, baked chicken, tuna noodle casserole

Saturday
Brunch: veal Parmesan, turkey/spinach delight
Supper: Hungarian goulash, grilled Polish sausage w/onions & peppers, spicy baked chicken

Sunday
Brunch: spinach lasagna, chicken lo mein
Supper: vegetarian spaghetti, Swedish meatballs, roast ham

Monday
Lunch: oriental chicken stir fry, veal paprika steaks, breaded liver & onions
Dinner: pepper steak, chili mac, pancit chicken

Tuesday
Lunch: sesame chicken, vegetable chow mien, stir fry beef & broccoli
Dinner: roast turkey, red beans & sausage, corn dog

Wednesday
Lunch: jaegerschnitzel, sauerbraten, pork schnitzel
Dinner: roast beef, scalloped tuna & peas, chicken vega

Thursday
Lunch: grilled Salisbury steak, baked stuffed pork chops, baked chicken
Dinner: spaghetti w/meat sauce, ginger pot roast, turkey ala king

Get fit the 'Fitsmart' way

Lorraine Botwright
Fitness Director

What do the words "get fit" bring to mind? Fright, pain, hard work, or just "em, yea?"

If that's the case, then you need to keep reading, because they should mean a feeling of euphoria, happiness, excitement and a challenge.

Fitness resources

Not everyone has an understanding of the most efficient exercise program to achieve their desired goals. Even the most educated, dedicated exerciser may be deterred if the good that's been achieved can't be visually seen. For this purpose, the fitness center has a wonderful resource: a 'Fitsmart' computerized fitness test and a trained, experienced fitness staff to assess and educate. What's more, this service is offered free of charge by appointment to the entire base community.

Everyone appreciates knowing how fit they are, whether it's to see where you are as a starting point before you begin your exercise program or to follow progress. The Fitsmart profile provides you with accurate results immediately and provides tests for blood pressure, heart rate, body weight, body fat, flexibility, strength and cardio-

respiratory fitness. The people who administer the Fitsmart test can also advise you on fitness training and conditioning programs.

Exercise is a challenge with yourself to achieve a body or state of mind and well-being that you're happy with. It's not just a case of saying "I went to the gym today," but more a case of, "Wow, I feel so much better now!"

Body sculpting

All of the benefits of exercise are too numerous to mention. Just a few are a relief of stress or tension, getting fitter and stronger both muscularly and vascularly, getting bigger, getting smaller, and "sculpting your body" as you want it to be.

The word 'toning' is used with such a wide and varied meaning. In fact, the word 'tone' is really poor terminology. The words to use for body fat loss and muscular definition are 'body sculpting'. Yes, a lot of people say, "But I don't want to get big muscles." In actual fact, you don't really get that much more muscular. It's more a case of three quarters body fat loss and one quarter percent more muscular.

Fitness advice

Aerobic exercise alone helps to reduce stored body fat, but does very little to firm the muscles.

Strength work alone helps increase the

metabolic rate, that is the rate that energy "calories" are required, but does very little to the body fat already stored.

Good nutrition enhances the results of good exercise. You can exercise until your heart's content, but if your nutrition intake, both solid and liquid, leaves something to be desired, then the results from your exercise program are going to take longer to achieve, maybe never fully achieved.

Be realistic in your goals and be patient to achieve them.

The fitness and sports center is full of equipment and has a wide variety of programs, to include aerobics, step aerobics, bodysculpting, martial arts and individual squadron fitness classes to help you achieve your fitness goals. It's free of charge and has a friendly staff trained and willing to help.

Fitness incentives

To assist you in forming the habit of exercising on a regular basis, I've designed an incentive program to help you. As if the health, mental and appearance benefits weren't enough, you can earn a free T-shirt, sweat shirt, sports bag and jacket as you go! Incentive programs are designed for cardio-respiratory, aerobics, swimming and muscular development activities. For more information on the program, call the fitness center at Ext. 5067.

Sports Shorts

Salsa aerobics

The fitness center holds a "salsa" aerobics class July 26, 11 a.m.-noon. Enjoy aerobics to salsa music. For more information, call Ext. 5076.

Golf Qualifier

The golf course is hosting the USAFE championships July 19 and 20. There are three divisions, women's, men's and men's seniors. The event is open to all active duty and their spouses. Only active duty go forward to championships. For details call Ext. 2223.

Nutrition seminar

The fitness center holds a free seminar, "Nutrition for the endurance and anaerobic athlete," from 10 a.m. - 2 p.m. Aug. 21 at the Liberty Club. Call Lorraine Botwright to sign up, Ext. 5076.

Ice hockey

The 3rd Air Force ice hockey team, the USAF Jets, is looking for players for the upcoming season. Call SSgt. Mike Clark at Ext. 2040.

Climbing at the youth center

The youth center offers climbing classes for the "Radical Rock" from 5:30-6:30 p.m. Tuesdays. The cost is \$3 per session.

Open climbing is from 5:30-9 p.m. Thursdays and is available for those who have been through four climbing classes. To sign up for classes or open climbing, call Ext. 3180.

Legends of baseball

The fitness center hosts the "Legends of Baseball" July 27. Len Barker, Milwaukee Brewers and Von Hayes, California

Angels, will sign autographs at the commissary from noon-2 p.m., have lunch at the Marauder Sports Lounge, lead a youth baseball clinic from 3:30-5 p.m. and, play a game from 5:30-8 p.m. on fields three and four. There will be a barbecue after the game. For more information, call Ext. 3607.

Sports advisory council

The fitness center is taking applications for president of the sports advisory council. To apply or for more information, call Ext. 2391.

Biathlon date changes

The fitness and sports center has changed the date of the biathlon to Aug. 2. The event is a 10-kilometer run followed by a 10-kilometer cycle. For more information, call Kevin Haden, Ext. 5076.